



Balance Your Life, Balance the Scale: Ditch Dieting, Amp Up Your Energy, Feel Amazing, and Release the Weight

Jennifer Tuma-Young

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“Balance is...one of the essential ingredients to a happy, healthy life. Jennifer Tuma-Young’s book simplifies the balance conundrum that so many of us are in, and contains all the secrets, tips, and inspiration needed to live a life in balance!”

—Marta Tracy, Creator of The Style Network and an original founder of E!

A spokeswoman for the world-renowned fitness company, Curves International, and a lifestyle coach who has been named one of “America’s Ultimate Experts” by *Women’s World* magazine, Jennifer Tuma-Young has created a life-changing weight loss program based on a powerful and proven premise: losing weight and keeping it off is not about self-discipline and calorie counting, it’s about creating balance in your life. In *Balance Your Life, Balance the Scale*, Tuma-Young can show you not only how to eat well, but how to live well, with a powerful health, wellness, and inspirational program that succeeds magnificently where so many others disappoint.

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